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HERE'S TO THE 'HATERS'

Justin Bieber accepts the award for favourite male pop/rock artist on Sunday at the 40th annual American Music Awards in Los Angeles. The Stratford native gave a shout-out to those who didn't think he would last on the music scene. "I want to say this is for all the haters who said that I was just here for one or two years. I feel like I'm going to be here for a very long time," he said, also thanking his mom, manager, family and his "beautiful, beautiful fans." For more coverage of the awards, see page 9 or go to metronews.ca. JOHN SHEARER/INVISION/THE ASSOCIATED PRESS

City must unite to keep young people: Forum

Emerging Leaders symposium. Retaining Londoners 20 to 44 years old means finding common ground, connecting students with the city

AMANDA GRANT
london@metronews.ca

More support for entrepreneurs, better public transit and a unified front: Those are some of the big things young Londoners say will help keep them in the Forest City.

Each of the topics was highlighted during Saturday's Work in London symposium, hosted by Emerging Leaders. The non-profit organized the event after a recent survey of 280 people showed 57 per cent — most of whom were 20 to 44 years old — might leave London in the next decade.

Carrie Ann Stevenson was among more than 100 people who attended. A small-business owner, Stevenson, 31, moved to London recently and hopes to stay in the city for years to come.

"I'm excited by the energy and eagerness of students and new residents in London," she said. "The city has great hospitals and great schools. I intend on raising children here."

For that to happen, though, Stevenson needs more, something echoed by others at the symposium. Part of that, Stevenson said, will be better support for arts and culture.

The biggest issue identified at the forum is the need for unity throughout the city, said Sean Quigley, executive director of Emerging Leaders. "No one person or one group can pull this off. We have a collective responsibility to take young people's recommendations and drive them forward to make the city better."

That means a stronger partnership between institutions. "Western and Fanshawe need to work just as hard as private businesses and city council to change the mentality that London is a short-term home. We need to connect students to the city," Quigley said.

Overall, Saturday's conference was encouraging, he said. "I saw lots of new faces and heard lots of great ideas. I think it speaks to the spirit of London: We're looking for solutions instead of dwelling on the problems."

Quoted

"I love it here, but I need more."

Carrie Ann Stevenson, 31

Online

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Young Londoner making her name with slam poetry

Saredo Mohamed. 17-year-old says piece of her gets shared with crowd during each performance

AMANDA GRANT
london@metronews.ca

First, she saw her sister perform.

Then, she started watching poetry slam videos on YouTube.

Now, London's Saredo Mohamed has earned bragging rights of her own.

Saredo, 17, was named Toronto's youth grand poetry slam champion Wednesday, capping off a season of performances with the city's Bam Youth Slam.

It's a big honour for a relative newbie to the world of poetry slam competitions.

Saredo "developed a deep appreciation for slam poetry" by watching others. It wasn't until February that she decided to try her hand at writing poems.

"I was immersing myself into it and decided I should try competing," she said.

Fine-tuning her skills at café-style events at her school, the Nancy Campbell Collegiate Institute student participates in London's poetry slam community via monthly events at the London Music Club.

She got involved with the Toronto poetry team because it travels to other cities for competitions.

Next year, the group's bound for San Francisco to participate in the Brave New Voices competition, a premier poetry slam conference.

Slam poetry is a unique style of writing, pairing performance and free verse. Poets often draw on personal experience and social issues for inspiration.

The personal connection is one of the things that helped hook Saredo from the start.

"There is something about the emotion you put into each performance," she said.

"You can be heard, not just read."

During each slam, poets get three minutes to engage the crowd. They're scored by random audience members on a scale of one to 10.

Exclusively online

To see Saredo Mohamed performing some of her work, visit metronews.ca.

A taste of her work

The poem that led to Saredo Mohamed's win at Toronto's youth grand poetry slam spoke to the experiences of young black women. Here's a snippet:

- "I am a colour palate of my own. I've been told that black ruins a painting, so call me unfinished."
- "When your radiance cannot be tamed. Shamed because you can't find makeup in your shade. But who would want to alter your perfection? I ask you, why do you barter for ivory when you are a colour palette of your own?"

Saredo Mohamed, 17, shows off some work in her poetry notebook Sunday outside her London home. She was crowned champion last week at Toronto's youth grand poetry slam. AMANDA GRANT/FOR METRO

Proposed budget. City to field comments on raising water and sewer bills

People can weigh in Monday at city hall on a proposal to hike water and sewer rates by a combined 7.4 per cent in 2013.

The increase would leave the average homeowner paying about $4.83 more each month — or $58 more a year.

City staff have said the increase is needed to help eat away at a $450-million gap between available money and the cost of replacing infrastructure.

People are expected to continue using less water next year, a long-term trend that's caused city revenue to decline. Costs, meanwhile, are increasing, including the price of water bought and pumped into London. The proposed 2013 water and sewer budget is a 4.8 per cent increase over 2012. METRO

If you go

City council's strategic priorities and police committee will have a public-participation meeting on proposed 2013 water and sewer rates at 4 p.m. Monday in council chambers.

Attempted murder

Teen charged in throat slashing

Police say a 17-year-old youth has been charged with attempted murder after a boy was attacked in St. Thomas.

Officers were called to a home Saturday where police say they found the nine-year-old boy bleeding from a large cut across his neck. Police say the boy was rushed to a nearby hospital before being taken to a London hospital, where he underwent surgery and is in stable condition. The teenager has been remanded into custody pending a court appearance Tuesday. THE CANADIAN PRESS

Teenage mental health

Health unit launches video resources for parents

Parents looking for resources to help with issues facing teens can now turn to the Middlesex-London Health Unit.

The unit has launched a video series offering parents information about topics including teenage mental health and use of drugs and alcohol.

The videos can be viewed at healthunit.com/parenting-teens.aspx or on YouTube. METRO

Contract agreement

TVDSB, secondary teachers reach deal

The Thames Valley District School Board and the Ontario Secondary School Teachers' Federation reached a tentative contract agreement Sunday.

The agreement should meet the financial constraints established by the provincial government, Thames Valley education director Bill Tucker said in a statement.

Education Minister Laurel Broten has said a contract approved by legislators will take effect Dec. 31 in districts where local agreements haven't been reached. METRO

Fourth straight win for London. Lighting strike Jazz in NBL Canada action

The London Lightning made it five straight Sunday with a 79-76 win over the Montreal Jazz.

Morgan Lewis was the only Lightning player in double digits with 17 points and 10 rebounds. DeAndre Thomas led the team in points with 18.

Lewis was named last week's Recharge With Milk Player of the Week, the first Lightning player to earn Player of the Week honours.

He led his team with 18 points and five turnovers during a 134-86 Saturday victory against the Jazz.

Morgan Lewis CONTRIBUTED

The teams meet again at 7 p.m. Thursday at Budweiser Gardens.

METRO

Danger on the roads. Three people injured in Sunday crashes

A man was taken to hospital with what police described as life-threatening injuries after a Sunday crash involving a London Transit Commission bus.

Police said the man ran a red light at Oxford Street and Highbury Avenue at 12:24 a.m., hitting the bus.

The bus was stopped and no passengers were on board, police said. The LTC driver was taken to hospital with minor injuries.

No charges had been laid as of Sunday afternoon.

In a separate Sunday crash, a man was charged with impaired driving after allegedly hitting a hydro pole at Florence Street and Oakland Avenue at 1:18 a.m. The driver received minor injuries, police said.

METRO

In need of help. PAWS looking for online votes to open animal hospital

A group trying to open a non-profit animal hospital in London is urging people to hop online and support its bid for an Aviva Community Fund grant.

Progressive Animal Welfare Services (PAWS) is trying to secure enough votes by Nov. 26 to advance to the competitive grant program's semifinal round.

The animal hospital would offer affordable spaying and neutering, along with other services, to pet owners from low-income families and rescue groups.

The facility would also offer pet boarding services to people who are homeless or facing domestic violence in their households. METRO

Your support

To support the group online, search for PAWS at avivacommunityfund.org.

Pet lovers

Animalert to host bazaar

The Animalert Christmas bazaar will be from 10 a.m. to 2 p.m. Dec. 1 at the Western Fair District's Canada Building. The event is a rummage sale of pet supplies and accessories, knits, and crafts. Proceeds will benefit Animalert, a London-based animal rescue that has been finding new homes for pets since 1977. For details, visit animalert.ca. METRO

Ahead of Christmas

Richmond Row gets festive

The annual Richmond Row Christmas walk and open house will run 5 to 9 p.m. Thursday and Friday. People will be able to take in the holiday sights with free horse-drawn carriage rides on both nights. On Friday, Santa will greet people at Richmond and Angel streets. Richmond Row stores will have special sales.

METRO

London's Sam Stout takes a left to the head from John Makdessi of Montreal during their UFC lightweight fight Saturday at Montreal's Bell Centre.

RYAN REMIORZ/THE CANADIAN PRESS

Stout, Hominick come up short

Taken down. Local fighters fall in weekend UFC action

Being back on the same fight card wasn't enough for Adrenaline Training Center's Sam Stout and Mark Hominick to chalk up wins at UFC 154.

Montreal's John Makdessi used a smart game plan — and stinging left jab — Saturday to pick away at Stout for a clinical 30-27, 29-28, 30-27 win in the Bell Centre lightweight bout.

Stout, from London, pressed the action to start, but Makdessi scored with some good counter-punches and stuffed some takedown attempts. Stout began to get frustrated in the second as Makdessi made him pay.

In the third, Makdessi lashed Stout in the face with a kick and Stout's face looked worse for wear as the run wore on. Stout never stopped coming forward but he also never found the key to beating Makdessi.

Hominick lost his fourth straight, via a 29-27, 30-26, 29-28 decision, to Pablo Garza.

Their records

- Sam (Hands of Stone) Stout: 19-8-1
- Mark (The Machine) Hominick: 20-12

It was a wild first round with featherweight Hominick hurting the taller Garza before Garza (13-3) carved open Hominick's face below the left eye.

The second round was Garza's as he put Hominick on his back and punished him.

Hominick's face started to show damage and things went from bad to worse as the relentless Garza controlled the Thamesford native on the ground.

THE CANADIAN PRESS

CONTRIBUTED

Knights take home win over Rangers

Max Domi and Seth Griffith each had a goal and an assist as the London Knights beat the Kitchener Rangers 4-3 on Sunday in Ontario Hockey League action.

The Knights (16-5-2) won their eighth game in a row and halted the Rangers' (14-7-2) home winning streak to start the season at nine.

Kyle Platzer and Kevin Raine also scored for the Knights, while Olli Maatta chipped in with a pair of assists.

Curtis Meighan, Josh Sterk and Tobias Rieder scored for the Rangers, and Justin Bailey picked up two assists.

London goalie Kevin Bailie turned aside 31 of 34 shots for the win, while John Gibson absorbed the loss, turning aside 33 shots.

London was 1-for-2 on the power play, while Kitchener failed to score on three opportunities with the man advantage.

Meighan opened the scoring before the midway mark of the first period, redirecting Bailey's pass from the side boards past Bailie.

Griffith, the Knights' leading scorer, tied the game with 41 seconds remaining in the period, burying Domi's feed to the side of the crease over Gibson.

THE CANADIAN PRESS

Eleven civilians killed in fierce Israeli attack on Gaza City

Escalating conflict. It was the single deadliest incident of the five-day Israeli operation, say Gaza medics

An Israeli missile flattened a two-storey house in a residential neighbourhood of Gaza City on Sunday, killing at least 11 civilians, mostly women and children, Palestinian medical officials said, as Israel expanded a military offensive to target homes of wanted militants.

The attack, which Israel said targeted a militant, was the single deadliest incident of the five-day-old Israeli operation and hiked a toll Sunday that was already the highest number of civilians killed in one day, according to Gaza medics.

The bloodshed is likely to raise international pressure for a ceasefire, with Egypt taking the leading role in mediating between Israel and Hamas.

U.S. President Barack Obama said he had been in touch with the leaders of Israel, Egypt and Turkey in an effort to halt the fighting. "We're going to have to see what kind of progress we can make in the next 24, 36, 48 hours," he said.

Obama cautioned against a potential Israeli ground invasion into Gaza, warning it could only deepen the death toll. At the same time, he blamed Palestinian militants for starting the round of fighting by raining rockets onto Israel, and he defended Israel's right to defend itself.

"Israel has every right to expect that it does not have missiles fired into its territory," Obama said in Thailand at the start of a three-nation tour in Asia.

An Israeli envoy arrived in Cairo on Sunday and held talks with Egyptian officials on a ceasefire, according to Egyptian security officials and Nabil Shaath, a top aide of Palestinian President Mahmoud Abbas, who was in the Egyptian capital.

But Israel and Gaza's militant Hamas rulers remain far apart on any terms for a halt in the bloodshed, which has killed 70 Palestinians — including 36 civilians, according to Gaza health officials — and three Israeli civilians.

Hamas is linking a truce deal to a complete lifting of the border blockade on Gaza imposed since Islamists seized the territory by force. Hamas also seeks Israeli guarantees to halt targeted killings of its leaders and military commanders. Israeli officials reject such demands. They say they are not interested in a "time-out," and want firm guarantees that militant rocket fire into Israel will finally end. Past ceasefires have been short lived.

As the offensive moved forward, Israel found itself at a crossroads — on the cusp of launching a ground offensive into Gaza to strike an even tougher blow against Hamas, or pursuing Egyptian-led truce efforts.

"The Israeli military is prepared to significantly expand the operation," Israeli Prime Minister Benjamin Netanyahu declared at the start of the weekly Cabinet meeting.

At the same time, Gaza militants continued their barrage of rocket fire at Israel, firing more than 100, including two at Tel Aviv. More than 10 Israelis were injured by shrapnel, two moderately, according to police spokesman Mickey Rosenfeld.

Israel's "Iron Dome" rocket-defence system shot down at least 30 rockets, including the ones aimed at Tel Aviv.

Israel's announcement Sunday that it was widening its campaign to target homes of militants appeared to mark a new and risky phase of the operation, given the likelihood of civilian casualties in the densely populated territory of 1.5 million Palestinians.

Israel launched the offensive Wednesday in a bid to end months of intensifying rocket fire from the Hamas-ruled Gaza Strip.

THE ASSOCIATED PRESS

Bloodshed

Women and young children have been killed in the relentless Israeli attack — the worst in this round of fighting.

- Rescuers pulled the bodies of several children from the ruins of a house, including a toddler and a five-year-old, as survivors and bystanders screamed in grief. Later, the bodies of the children were laid out in the morgue of Gaza City's Shifa Hospital. Among the 11 dead were four small children and five women, including an 80-year-old.

Palestinians run to take cover during an Israeli air strike on a building in Gaza City on Sunday. ADEL HANA/THE ASSOCIATED PRESS

Quoted

"The Israeli military is prepared to significantly expand the operation."

Israeli Prime Minister Benjamin Netanyahu

Syrian gunfire draws shelling from Israel

A rebel fighter shoots his weapon through a hole in the wall during clashes with Syrian army forces in the town of Harem on the outskirts of Idlib, Syria, Saturday. Israel shelled Syrian fighters after gunfire spilled over to the Israel-controlled Golan Heights. KHALIL HAMRA/THE ASSOCIATED PRESS

Israel shelled Syrian fighters after gunfire from their civil war spilled over to the Israel-controlled Golan Heights, the military said Sunday, as the conflict appeared to inch closer to the Jewish state.

The civil war in Syria has renewed tensions in the Golan Heights, a strategic plateau that Israel captured from Syria in the 1967 war. Despite constant hostility between the two countries, Syria has been careful to keep the border quiet since the 1973 Mideast war.

In recent days, Israeli troops have fired into Syria twice before, responding to what appeared to be stray mortar shells exploding in Israel-held territory. On Sunday, an Israeli military spokesman said soldiers fired artillery toward the source of gunfire late Saturday night.

Speaking on condition of anonymity according to protocol, the spokesman said the military identified a hit. He did not know if the targets were Syrian rebels fighting to topple President Bashar Assad or forces loyal to him.

Syrian shells have exploded inside the Israel-held Golan Heights several times in recent weeks, damaging apple orchards, sparking fires and spreading some panic but causing no injuries.

Though the two nations have been bitter enemies, Israel is concerned that if the Assad regime is toppled, Syria could fall into the hands of Islamic extremists.

While it is widely believed that Assad does not want to pick a fight with Israel, some in Israel warn that if his situation becomes desperate, the embattled Syrian leader might try to draw Israel into the fighting as a distraction. THE ASSOCIATED PRESS

Syrian uprising

- **Ruthless killing.** Fighting has raged nationwide over the weekend, killing at least 108 people on Saturday alone, according to activists.
- **Death toll .** More than 36,000 people have been killed since the Syrian uprising began in March 2011.

France

Gay-rights group goes topless

The controversial Ukrainian group Femen, whose topless members stage pranks to support gay rights, have taunted a march in Paris by Catholics who oppose France's draft law to legalize gay marriage.

The Catholic group Civitas organized Sunday's march.

Thousands of people carried pro-family banners, prompting several anti-gay-marriage protesters to hit the Femen members. The activists turned up topless and chanted "in gay we trust."

Thousands took to the streets in France Saturday to protest the draft law that could see marriage and adoption legalized for homosexual couples next year.

THE ASSOCIATED PRESS

Brutal clashes

Rwandan rebel group advances on Congolese territory

A Rwandan-backed rebel group advanced to within three kilometres of Goma, a crucial provincial capital in eastern Congo, marking the first time that rebels have come this close since 2008.

Congolese army spokesman Col. Olivier Hamuli said the fighting has been going on since 6 a.m. local time Sunday and the front line has moved to just a few kilometres outside the city. After more than nine hours of violent clashes the two sides took a break, with M23 rebels establishing a checkpoint just 100 metres outside the Goma city line.

THE ASSOCIATED PRESS

Conflict in Middle East

Israeli attacks on Gaza news outlets condemned

Reporters Without Borders has condemned Israeli missile attacks on two media centres in Gaza that wounded six Palestinian journalists and damaged the equipment of foreign media outlets.

Sunday's attacks on the two high-rise buildings damaged offices of the Hamas TV station, Al Aqsa, and a Lebanese-based broadcaster, Al Quds TV, seen as sympathetic to the Islamists.

Germany's public broadcaster ARD, Russia Today, a state TV network that broadcasts in English, and Sky News Arabia said they lost equipment in the attacks.

THE ASSOCIATED PRESS

Rescue efforts. At least 2 dead, several seriously injured in plane crashes

Separate plane crashes on the Prairies claimed at least two lives on Sunday, while efforts continued to get a number of people who were aboard one of the planes to safety.

Authorities said a Cessna 208 Caravan went down in a remote area about 10 kilometres east of the airport in Snow Lake, Man., about 700 kilometres north of Winnipeg.

Police said early reports were that one person had died in that crash and that seven others were injured, some seriously.

Rescue crews have been using snowmobiles to reach the scene, but police say the effort to aid the injured people has been difficult.

However, they also say they managed to get all those who were injured to the medical centre in Snow Lake.

Meanwhile, a separate crash in northern Alberta on Saturday evening killed a 52-year-old man who police say was the pilot and lone occupant of the aircraft. THE CANADIAN PRESS

Factory women. Workers exposed to toxic chemicals face cancer risk: Study

Women in Windsor's plastic automotive parts factories have complained of pungent fumes and dust that caused nosebleeds, headaches, nausea and dizziness. Some spoke of smouldering blobs of plastic dumped directly onto the floor near where they worked.

"People were getting sick, but you never really thought about the plastic itself," said Gina DeSantis, who has worked at a plant near Windsor.

Now, a new academic study appears to confirm their fears, showing profoundly elevated breast cancer risks among workers exposed to toxic chemicals. TORSTAR NEWS SERVICE

Defence Minister Peter MacKay fields questions at the end of the Halifax International Security Forum on Sunday. Delegates discussed pressing security issues, including the impact of the American presidential election, the turmoil in Syria, cyber-security and modern warfare. ANDREW VAUGHAN/THE CANADIAN PRESS

MacKay calls on Russia to exert influence in Syria

Call to action.
Ongoing threat of war in the Middle East at the forefront of global forum of 300 delegates from 50 countries

Defence Minister Peter MacKay called on Russia on Sunday to exert influence to end the Syrian civil war, accusing Russia of standing on the sidelines while Syria is "coming apart at the seams."

MacKay told a press conference at the Halifax International Security Forum that Russia — one of Syria's most important allies — should use its weight to end the conflict.

"We know in Syria there are countries like Russia that could be far more proactive, who could exert considerable influence and use their weight with (Syrian President Bashar Assad's) regime to end the violence," MacKay said just after giving his closing remarks at the three-day conference.

"If Russia truly wants to be embraced as a democratic, productive member of the world community, this is a time for them to show the right stuff."

Russia has backed Syria at the United Nations Security Council by repeatedly vetoing resolutions aimed at pressuring the Syrian government to end the war.

MacKay said Prime Minister Stephen Harper has recently met with Russian President Vladimir Putin but did not go into the details of the discussion. THE CANADIAN PRESS

Vets come forward with patient-care complaints

Articles about complaints of substandard care at Canada's largest facility for war veterans have prompted several more people to come forward with stories of neglect.

Some involved injuries to the frail elderly, who live out their last days and months at Sunnybrook Veterans Centre in Toronto.

John Marriott said his family was appalled this spring when they found his ailing 96-year-old father-in-law with a bloody mouth and discovered his front tooth had been knocked out. Sunnybrook's explanation, he said, was that the virtually immobile man had somehow wriggled his way out of bed and fallen.

"We've been so traumatized by all of this," Marriott said. "It's like One Flew over the Cuckoo's Nest."

The new complaints, as was the case previously, come mostly from part of the 500-bed vets centre that houses the most infirm vets, rather than the part that resembles a pleasant retirement lodge.

Some, fearing reprisals, agreed to speak only on condition of strict anonymity, making it difficult to verify their accounts. Others were less reticent.

One worker at the hospital said most nurses are caring and do their best, but there are too few staff to look after the extremely frail patients. THE CANADIAN PRESS

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Retailers challenge French naming law

Quebec. Language watchdog orders move to French names or slogans for retailers

Gap is one of six major retailers protesting the Quebec language watchdog's insistence on French names or slogans. DIMAS ARDIAN/GETTY IMAGES FILE

Several major retailers are taking the Quebec government to court over the provincial language watchdog's insistence they modify their commercial brand names to include some French.

The six retailers are some of the biggest names in North America — Walmart, Best Buy, Costco, Gap, Old Navy and Guess. Their lawyers are expected in Quebec Superior Court on Thursday.

Quebec's language watchdog, the Office Quebecois de la Langue Francaise, wants the retailers to change their signs to either give themselves a generic French name or add a slogan or explanation that reflects what it is they're selling.

For example, Walmart, a household name on the retail scene that doesn't really have a French equivalent, could change its signs to "Le Magasin Walmart."

But retailers say the language laws have not formally been changed and they will ask the courts to decide whether the language office has the right to make new demands.

According to Section 63 of Quebec's French Language Charter, the name of a business must be in French. But it hasn't generally been applied to trademarked names.

Nathalie St-Pierre, vice-president for the Retail Council of Canada's Quebec branch, says the province wants to change the rules without having modified the law.

St-Pierre says the six have complied with the rest of Quebec's requirements for many years. THE CANADIAN PRESS

Once you go black

Canada embraces Black Friday deals

Shoppers north of the border are increasingly buying into the U.S. traditions of Black Friday and the relatively new Cyber Monday, when online retailers tend to hold their sales.

A Harris/Decima poll suggests nearly one in 10 Canadians plan on making a purchase during the period. THE CANADIAN PRESS

Console wars

Wii U arrives amid new competition

On Sunday, Nintendo Co. is launching the Wii U, a game machine designed to appeal both to the original Wii's casual audience and hardcore gamers. The Wii U's predecessor has sold nearly 100 million units worldwide since 2006.

But the Wii U arrives in a new world of casual gaming on smartphones, tablets and Facebook. THE ASSOCIATED PRESS

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URBAN COMPASS
Todd Devlin
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It took only one major case with the Ontario Society for the Prevention of Cruelty to Animals for Rebecca Tanti to realize she was in it for the long haul.

"It never left me," she said. "And it made me realize I couldn't get out."

The case, as Tanti recalls, involved rescuing a dog that had been left on a balcony "basically to die." The animal was covered with flies and maggots. Tanti could smell rot as she walked into the backyard of the residence.

She removed the animal, and it was taken to a shelter, where it healed.

That was eight years ago, and Tanti has worked countless cases since. She's seen some of the worst of the worst — animals living in all sorts of deplorable conditions.

It's the end result that keeps her coming back.

"As hard as this job is from day to day, there's always something good that has happened on the flip side," she said. "When you've helped an animal that has been in some sort of distress and brought it back to proper health and it has been adopted out to a happy, loving home … that's the story. It's heartwarming."

Animals have always been a big part of Tanti's life. She had pets as a little girl and, as a young adult, welcomed the first rescue animal into her home. It was a Chow-Chow with serious behavioural issues, something shelter officials warned Tanti about.

"I thought, 'Wow, this animal has been through a lot,'" she said. "You know, a neglected animal just wants to be loved and cared for."

The experience spurred the former RCMP civilian officer to apply for a job as an agent with the London Humane Society. When the opportunity to join the Ontario SPCA cropped up, Tanti jumped at the chance.

Since then, she's been working as a regional inspector at the branch serving Oxford and Elgin counties. She prides herself on helping some of society's most vulnerable creatures.

"I've always said that an animal has never had a voice," Tanti said. "Children reach a stage where they can speak, but an animal doesn't have that luxury."

Tanti enjoys providing a voice for those animals, and she regularly educates people — particularly children — about animal care and preventing abuse.

"I spend a lot of time in schools," she said. "I feel it's very important that our young understand what the requirements are for caring for an animal."

With the Oxford-Elgin branch seeing an influx of cases, including several large animal removals, it's been a busy year for Tanti. But she is committed to working case after case if it means giving animals a better life.

Many times, that path depends on the public getting involved.

"If you suspect a case of animal cruelty or neglect, please report it," Tanti said. "Don't let that animal suffer."

Visit oxfordelgin.ontariospca.ca or londonhumanesociety.ca for more information or to donate.

Follow Todd Devlin on Twitter @UrbanCompassLdn

President takes enlightening trip

CAROLYN KASTER/THE ASSOCIATED PRESS

Leaning statue of Buddha

Obama kicks off three-day Asia tour

U.S. President Barack Obama and U.S. Secretary of State Hillary Rodham Clinton tour the Wat Pho Royal Monastery with Chaokun Suthee Thammanuwat, a member of the temple, in Bangkok, Thailand, on Sunday.

The Temple of Reclining Buddha, formally known as Wat Pho, was the first stop on Obama's Asian tour that will also take him to Myanmar and Cambodia.

Obama arrived at the temple, one of Thailand's most famous temple compounds, to marvel at its centerpiece — a gigantic, golden statue of a reclining Buddha propped up on one elbow before passing into nirvana.

The visit was meant to give Obama a taste of Bangkok. Visits to see the king and the Thai prime minister were saved for later.

But one thing Obama did not get to see as he sped through Bangkok was the city's infamous traffic jams.

All roads leading to Wat Pho and his other destinations were blocked and cleared of cars as part of security measures that included bomb squads and shutting the temple to the public hours in advance.

THE ASSOCIATED PRESS

Changing times

"This is not an endorsement of the government.... This is an acknowledgement that there is a process under way inside that country that even a year and a half, two years ago, nobody foresaw."

U.S. President Barack Obama on Sunday, before embarking on his landmark trip to Myanmar. He was attempting to assure critics that his visit was not a premature reward for a long-isolated nation still easing its way toward democracy.

Post-election trip

1st

Obama was set to become the first U.S. president to visit Myanmar, with Air Force One scheduled to touch down in Yangon on Monday morning. Though Obama planned to spend just six hours in the country, the much-anticipated stop came as the result of a remarkable turnaround in Myanmar's relationship with the U.S. For his first post-election trip, he tellingly settled on Asia, a region he has deemed as crucial to America's prosperity and security.

Online

For the latest on Obama's Myanmar trip, visit metronews.ca

Oh baby

Woman stopped for speeding gives birth on side of road

A police officer who pulled over a pregnant woman for allegedly speeding west of Kingston Sunday morning ended up helping deliver her baby on the side of the road.

Police say the driver from Stirling-Rawdon Township was in labour and racing to hospital when the officer stopped her vehicle in Belleville around 4:30 a.m.

With the officer's help, the woman gave birth to a baby boy by the road, right in front of a grocery store.

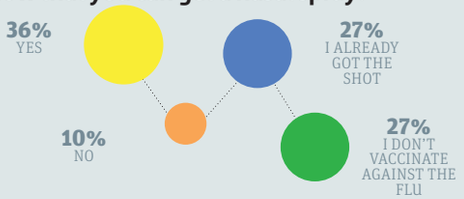
Police say both mother and child were transported to hospital and are doing well.

CJBQ/THE CANADIAN PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you more likely to get the flu vaccine now that you can get a nasal spray?



Twitter

@naomisayers00:
Apparently Vince Neil's strip club in Vegas has co-Ed bathrooms. Now you can watch your fav dancer get naked AND go to the bathroom. Ha!

@TothSusan:
Realizing that I left my car and house keys in my jacket. Which I left at my new office. To which I have no keys yet. Wonderful.

@vikassharma_:
Hey everyone my friend lost her dog at gibson park a beagle lab mix if anyone sees a dog running around send me a message #ldnont

@sciencegeek:
Beautiful day for a run. Only 6km because it's the off season, and I'm lazy. #ldnont #doinit

@bpaxton13:
Absolutely LOVED Western today! #1 choice for sure #uwo

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While Nicki Minaj was tied with only Rihanna for most nominations at the awards show, she was nonchalant when it came to winning, saying she just wanted to perform her new single Freedom. GETTY IMAGES

The Gangnam Style Korean superstar PSY. THE CANADIAN PRESS

Nicki Minaj just in it for the music, not the awards

AMAs. Justin Bieber wins first award of the night, performances included Usher, No Doubt and Canada's Carly Rae Jepsen

Exclusively online

For more shots of entertainers from the show and a full list of the winners, visit metronews.ca/scene.

Cyndi Lauper on a song with Pink? The pop star hopes so.

Lauper said on the red carpet of the American Music Awards that she'd like to collaborate with Pink, Nicki Minaj and Carly Rae Jepsen. Boy band The Wanted is excited to see Gangnam Style star PSY and Colbie Caillat wants to watch No Doubt rock the stage.

The stars walking the red carpet before the AMAs were ready to take their seats as fans.

Along with Rihanna, Minaj was the top nominee at Sunday's American Music Awards, but the rapper-singer wasn't concerned with her four nominations.

"I don't do music for awards," the 29-year-old said in an interview. "It's so crazy, because people always have to remind me that I'm nominated for an award when I go to award shows."

Minaj said the main reason she attended the event was to perform her new single, Freedom. "I'm very, very proud of the record and I'm happy that people are going to get to hear it. I'm performing a hip-hop song on the AMAs, and I think that's just a big look for hip-hop."

American Music Awards nominees were selected based on sales and airplay, and fans chose the winners by voting online.

The 40th anniversary show also included a tribute to Dick Clark, its creator.

"Dick changed the face of music back in the late '50s," producer Larry Klein said. "Dick is the one who made rock 'n' roll acceptable to come into people's homes ... We're paying tribute to Dick because of the legacy that he's left everybody and also the creativity of what he did on this show."

As for Justin Bieber, he thanked his haters on Sunday.

The 18-year-old won favourite pop/rock male artist at Sunday's American Music Awards and gave a shout-out to those who didn't think he would last on the music scene.

He dedicated the award to "all the haters" who said he wouldn't last. Bieber won the night's first award.

Usher kicked off the AMAs with green laser lights beaming onstage as he performed a medley of songs, including Numb, Climax and Can't Stop, Won't Stop, which featured a smoky floor and a number of backup dancers, as Usher jammed in all black, with the exception of his red shoes.

THE ASSOCIATED PRESS

Cyndi Lauper blows a kiss to fans on the red carpet. She says the AMA-nominated artists she would like to collaborate with include Pink, Nicki Minaj and Carly Rae Jepsen. GETTY IMAGES

Carly Rae Jepsen, of Call Me Maybe fame, at the show. GETTY IMAGES

Usher kicked off the awards with the first performance of the night. GETTY IMAGES

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rihanna Unapologetic about her Cockiness

Rihanna opened her show in Paris on Saturday, just as in Stockholm on Friday, with Cockiness — which is a fitting kickoff song, and it seems like the perfect way to describe her attitude while promoting her new album, Unapologetic (a title which is also in line with her current attitude).

The Paris gig at the beautiful Le Trianon theatre was a short one — only about 45 minutes due to an early curfew. However, the after-show party at exclusive club VIP on Champs Elysées did not disappoint. When the singer arrived around 3 a.m., she was joined by an entourage that included P. Diddy, Pharrell Williams, Omarion and Akon.

"We are here for Rihanna," P. Diddy announced, "and she has a wish. Only hip-hop!"

The music changed instantly and the party got started.

Guitarist Nuno Bettencourt first made his name in the Boston rock group Extreme, but for the past three years he has been Rihanna's go-to guitarist. He says he enjoys playing the more intimate gigs on this tour.

"I definitely see another side of her on stage," he told me on the plane yesterday. "Tours tend to be overly choreographed. It's not just the dancing, but where you walk and when to talk to the audience. Now I've seen her free to say exactly what she wants — even though it isn't completely fit for children's ears."

METRO'S KATARINA MATSSON HAS FOLLOWED RIHANNA ON HER JET DURING THE PARTIES AND PERFORMANCES OF HER 777 TOUR. MATSSON HAS BEEN ONE OF THE FEW REPORTERS ALLOWED ON THE PLANE.

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Travel etiquette

Grooming grief

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Imagine sitting at a restaurant and the person next to you starts cutting his or her nails. It would be exceptional, yet it isn't uncommon to witness a fellow passenger doing this on an airplane, where you are seated considerably closer to them.

Don't be that person. In fact, don't do anything with your nails — polishing, unpolishing, clipping, or biting. Particularly if they aren't your fingernails. Got a pimple or anything else you feel the need to squeeze? Leave it alone until you're in the bathroom, please. Something stuck in your teeth? Flossing and picking them in your seat is a definite no-no. Sprays of any kind (hair, perfume, spritzers) always have collateral damage. Feel a desperate need to brush yours (or your child's) hair? Don't do it. Refrain from putting on makeup, beyond a slash of lipstick.

Lastly? The pull down tray in front of you is not a baby's change table.

Emergency or not, change your baby in private. ISTOCK

Exclusively online

Baby, it's cold outside. And is that green stuff oozing out of your nose? Cue hysterical WebMD surfing and an exponential increase in number of orders barked at Daddy. Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.

Massage rubbing off on parents looking to bond with their babes

Touch therapy. Take a little bit of time to help your little one relax — it has plenty of health benefits

DOROTHY ROBINSON
life@metronews.ca

Benefits for baby

Here's how a massage can help your youngster.

- Encourages healthy weight gain
- Increases brain development and growth
- Stimulates all systems of the body
- Aids in digestion
- Eases discomforts associated with gas, constipation and congestion

The key to the baby massage? Relax, enjoy and have fun. ISTOCK

Spending just a few minutes each day massaging your baby can help to increase the bond, interaction and communication between the two of you. But how do you start? Tina Allen, an internationally respected educator, author and expert in the field of infant and pediatric massage therapy, shares her advice.

1. Choose the best time and place. Creating the best environment for massage is an ideal way to give yourself and baby time to relax. Choose a familiar place that is warm, quiet and with few distractions. The best time for massage is when baby is awake, healthy and happy. Some babies prefer the morning, while others prefer the afternoon or before bedtime.

2. Be comfortable. Relax, enjoy and have fun. Position yourself so that you are comfortable. Be sure baby is safe and placed on a soft area. Keep in mind that babies roll and become slippery when using oil. Be sure your hands are warm and clean before you begin.

3. Consider a massage oil. While it is not required, using oil can help make massages more enjoyable for some babies and parents.

Olive oil and grapeseed oil are some of the best choices for infant massages. However, if you choose to use lotions, be sure to choose a nontoxic option, like Seventh Generation baby lotion, which contains olive oil as a main ingredient.

4. Listen in. Infant massages can be a wonderful tool for increasing your communication. Massage is not something that parents do to their baby, but rather with their little one. Listen to your baby. He or she will give you the signals to let you know his or her comfort level.

5. Know when not to massage. Never provide massage when your baby isn't receptive to it (when sleeping, crying or fussy).

Avoid massage when your infant is ill, has a fever or infection, or if your little one has broken skin, a rash or bruising. Wait at least 48 to 72 hours following immunizations, and for a tummy massage, wait 30 minutes after eating. If your child has any special health care needs, seek further guidance as to what would be the safest approach to use.

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Fire up your weeknight with a quick and easy Pot au Feu

This Pot au Feu takes 40 minutes and serves four. THE ASSOCIATED PRESS

Here is an untraditional weeknight version of the French stew known as Pot au Feu.

1. In a large saucepan over medium-high heat, combine the broth, carrots, parsnips, turnips, leek, garlic, thyme sprig and bay leaf. Bring to a boil and simmer for 15 to 18 minutes, or until the vegetables are tender. Meanwhile, in a large skillet over high, heat the oil. Season the steak with salt and pepper.

2. When the oil in the skillet is hot, reduce the heat to medium-high and add the steak. Sauté until well browned on both sides and medium-rare at the centre, 8 to 10 minutes total. Transfer beef to a plate, cover loosely with foil, and let rest 5 minutes. After 5 minutes, thinly slice beef against grain.

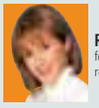
3. In a small bowl, stir together the yogurt, wasabi and any juices from the beef plate. Season with salt and pepper. Discard the thyme sprig and bay leaf, then divide the vegetables and broth among four soup bowls. Arrange a quarter of the steak in the centre of each bowl and top portions with a spoonful of wasabi cream and a sprinkle of chives. THE ASSOCIATED PRESS

Ingredients

- 6 cups low-sodium chicken broth
- 2 medium carrots peeled and sliced 1/2 inch thick
- 2 medium parsnips peeled and sliced 1/2 inch thick
- 2 small turnips peeled, quartered and sliced 1/2 inch thick
- 1 medium leek, white part only, halved lengthwise, sliced 1/2 inch thick and rinsed well
- 2 cloves garlic, minced
- 1 sprig fresh thyme (or 1 teaspoon dried)
- 1 bay leaf (Turkish)
- 2 teaspoons olive oil
- 1 pound flank steak
- Kosher salt and ground black pepper
- 1/3 cup fat-free plain Greek yogurt
- 1 teaspoon prepared wasabi
- Chopped fresh chives or parsley

Healthy eating

Choose it and lose it



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for more, visit rosereisman.com

The Keg is a well-known steak house, but that doesn't mean everything on its menu is healthy. Watch out for the enormous amounts of calories and sodium in some of its items.

Prime rib (10 oz) with mushrooms, jus, horseradish, and frizzled onions

1,050 calories / 59 g fat / 2,543 mg sodium

Prime rib is the one cut that is the most damaging to your health. It's marbled with fat throughout and half the calories come from fat. The sodium is high due to the au jus giving you 1 ½ day's worth.

Equivalent

Equivalent to 10 tbsp of butter in calories

Sirloin steak (12 oz) with vegetables

511 calories / 22 g fat / 651 mg sodium

The Sirloin does not have fat marbled throughout and you can trim the outside fat, making this a healthier cut. It's even 2 ounces more in weight and yet surpasses the prime rib in nutrients.

The In-Credibility Factor

Name: Julian Brass
City: Toronto and Montreal
Age: 29
Occupation: Founder and publisher of Notable.ca

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Julian Brass started hosting events at a young age and loved bringing people together. After working in Florida and California, he decided to move back to Canada and start Notable.ca, an online resource for connecting young, driven, professional adults with elements relevant to taking their professional and social life to the next level.

During the startup phase, Brass was living in his father's basement with no income. Four years later, Notable.ca has a team of 25 people handling more than one million visitors a month.

I knew I was on my way when... we started to have repeat advertisers approaching us to work together again. You see, anyone can schmooze someone and close a deal, but when a reputable client returns, you know that you and your team are doing something right. That was an exciting feeling the first time it happened. Now, it's a regular occurrence.

Relishing in the repeat

"You see, anyone can schmooze someone and close a deal, but when a reputable client returns, you know that you and your team are doing something right."
Julian Brass
Founder of Notable.ca

Action Plan

• Cut out all the noise
If you truly want your business to succeed, you have to care more about it than anything else. Once you do, you'll get clarity and you'll go after your goal in a much more concerted way. At the end of the day, it's worth it.

• Set a goal and work backward
Envision yourself five years from now and work backward. That will give you a path. It will change, but it will at least get you moving forward.

• Effort and sacrifice
If it was easy, everyone would do it. For people to accomplish things that others haven't, you have to put forth a greater effort and sacrifice more than others are willing to give up. I can guarantee it will be worth it in the end and I would give nothing back for the ride I've had in the last four years.

Julian Brass. PROVIDED

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Ray guides Argos to Grey Cup game

CFL. Quarterback puts on show in East final, leading Toronto to championship game in first season with club

Argonauts quarterback Ricky Ray is rushed by Alouettes linebacker Shea Emry during the East Division final on Sunday at Olympic Stadium in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

The Toronto Argonauts acquired Ricky Ray to get them to a Grey Cup game on home turf, and now they can say "mission accomplished."

A masterful Ray passed for 399 yards and dominated the ground game as the Argonauts stunned the Alouettes 27-20 in the CFL East Division final before 50,122 at Olympic Stadium on Sunday afternoon in Montreal.

"He took some big hits and hung in there," coach Scott Milanovich said of his veteran quarterback. "I thought he played a tremendous football game, but that's what he's here for.

"That's why he's the one we wanted."

The Argonauts will play in the CFL championship game for the first time since 2004, when they won their 15th Grey Cup with a victory over B.C.

The game next Sunday against the West Division champion Calgary Stampeders will be played at Rogers Centre, the Argonauts' home field.

"It's been a long season for us, but we've stuck together and just played it one game at a time," said Ray, acquired last winter in a trade from the Edmonton Eskimos. "Now we've got the opportunity to do what we set out to do."

Ray threw a touchdown pass to Dontrelle Inman and Chad Kackert scored on a long touchdown run. Swayze Waters added three field goals for Toronto, which had lost to Montreal in three previous East final meetings.

Chris Jennings and backup quarterback Adrian McPherson had touchdowns for Montreal. Sean Whyte added two field goals.

But the Alouettes could muster only three second-half points, as Anthony Calvillo was picked off twice by Marcus Ball and saw another pass pulled out of the hands of Eric Deslauriers by Pacino Horne that was ruled a fumble.

"The game's over, but you start thinking about the plays that might have made a difference," said Calvillo. "Those are the plays that are going to eat at me. I feel bad for everyone in this room."

THE CANADIAN PRESS

By the numbers

30

The Argonauts last won a Grey Cup at home in 1952, lost one in Toronto in 1982 and now they're home again in 2012 — each game exactly 30 years apart.

Stamps trump champs in West Division final

Kevin Glenn threw for three touchdown passes as the Calgary Stampeders upset the B.C. Lions 34-29 in the CFL West final on Sunday before a disappointed crowd of 43,216 at BC Place Stadium.

- The Stampeders, who finished second in the West Division behind B.C. during the regular season, will play the Argonauts in the Grey Cup next Sunday in Toronto.

NBA

Raptors Calderon, Bargnani rise to Magic's challenge

Jose Calderon helped the Toronto Raptors get a key win — by getting Andrea Bargnani involved in the game early.

Calderon had 18 assists in Toronto's 97-86 win over the Orlando Magic on Sunday, while adding nine points of his own. Bargnani scored 17.

"I thought Andrea was playing with some bounce and passion," Raptors head coach Dwane Casey said. "Jose got him going and got him involved early. Jose is a leader. I cannot say how much I respect his game, his leadership, his heart."

Both Bargnani and DeMar DeRozan were hot early in the game as Toronto opened up a 10-point lead after one quarter.

DeRozan had 11 of his 20 points in the opening quarter. Bargnani added nine in the opening 12 minutes and finished with 17 points. He also had five rebounds, two blocked shots and two steals for the game. THE CANADIAN PRESS

MMA

"I was getting hurt, it was painful, but I had a lot of fun. I love my job."

Montreal's Georges St-Pierre after beating Carlos Condit at the Bell Centre during Saturday night's UFC 154. Returning from a layoff of 18 months 18 days after reconstructive knee surgery, a relentless St-Pierre won a five-round decision over Condit to unify the welterweight title.

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NFL

Losses piling up for sinking Eagles

The question put to Philadelphia Eagles coach Andy Reid after his team's sixth consecutive loss was rather pointed: Does he expect to keep his job for the rest of the season?

All Reid offered was something about "got to get ready" for the next game.

Rookie quarterback Nick Foles' first drive as a starter in the NFL ended with an interception. So did his second. The Eagles turned the ball over three times in all Sunday and allowed Washington QB Robert Griffin III to complete 14 of 15 passes with four TDs in a 31-6 loss to the Redskins.

"I don't know how it can get much worse," Eagles tight end Brent Celek said. "It makes me sick."

THE ASSOCIATED PRESS

NFL. Packers' streak survives in Motor City

The Green Bay Packers stayed on their roll in Detroit.

Aaron Rodgers threw two touchdown passes, including a 22-yarder to Randall Cobb with 1:55 left, and the Packers came through with a 24-20 win over the Detroit Lions on Sunday for their fifth straight win.

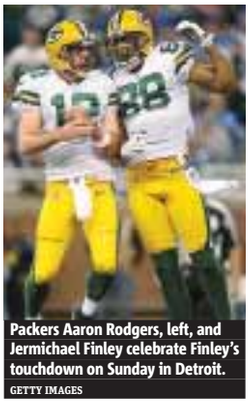
Mason Crosby made a 39-yard field goal with 19 seconds to go after missing two field goals earlier in the game.

Matthew Stafford couldn't put the Lions ahead on either of their last two drives in a game he'd like to forget.

Stafford threw two interceptions — one of which was returned 72 yards by Green Bay safety M.D. Jennings for a go-ahead score in the third quarter — and lost a fumble.

Green Bay (7-3) moved a half-game behind first-place Chicago in the NFC North. The Bears play at San Francisco on Monday night.

THE ASSOCIATED PRESS



Packers Aaron Rodgers, left, and Jermichael Finley celebrate Finley's touchdown on Sunday in Detroit. GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
You need to get tough with someone who has let you down once too often. It is becoming a habit and that's not good for either of you, so let them know this is their very last chance — and mean it.

♉ Taurus
April 21 - May 21
Don't hide yourself away. Don't avoid being seen. The planets indicate you are going to be in the spotlight over the next few days, so you might as well get used to the idea. As ideas go, it's not so bad.

♊ Gemini
May 22 - June 21
You must get your affairs in some sort of order. You must bring balance to what even you can see is a chaotic situation. Your time and your energy are precious, so make sure you get the most from them.

♋ Cancer
June 22 - July 23
You may be tempted to push your luck today, and maybe your gamble will pay off – and maybe it won't. Either way you are right to take the risk. Those who play safe rarely get anywhere worth going.

♌ Leo
July 24 - Aug. 23
Let other people rant and rave if it makes them feel good. You know that raising your voice does not get things done. You know that actions speak louder than words. That's why you'll succeed today while others fail.

♍ Virgo
Aug. 24 - Sept. 23
Don't push yourself too hard. In fact, don't push yourself at all. Most likely you will achieve more today by doing less, though as you tend to work harder than most other people "less" is a flexible term.

♎ Libra
Sept. 24 - Oct. 23
Others may say you are not trying hard enough but you must ignore them. What do they know about who you are and what your aims are? If you are happy with your efforts then nothing else matters.

♏ Scorpio
Oct. 24 - Nov. 22
No matter what other people may offer you by way of reward or recognition, if their aims are not in harmony with your own you must turn them down. The fact is you don't need them and most likely never will.

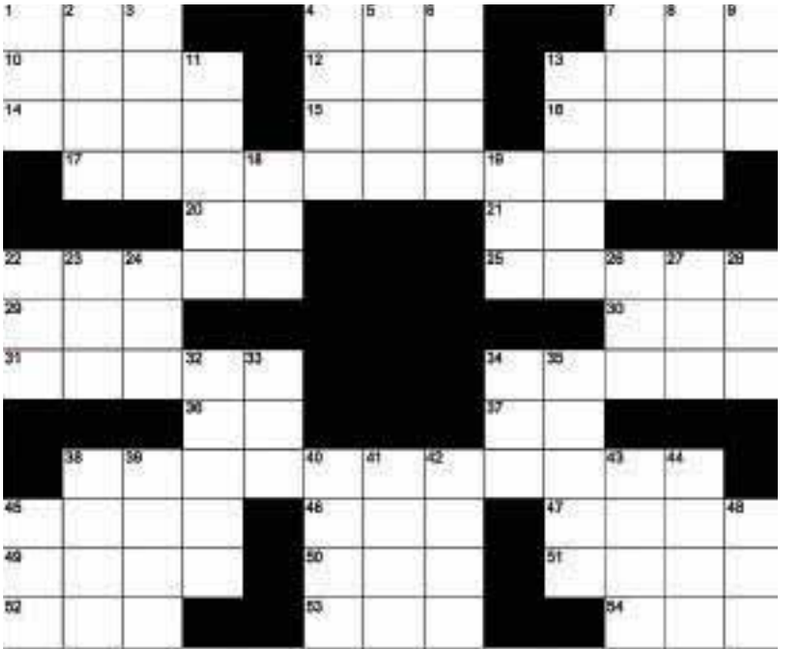
♐ Sagittarius
Nov. 23 - Dec. 21
A friend or family member will suggest something today and your first reaction will be to reject it. That's understandable, but after a bit of reflection you will come to see they are right. Trust their judgment.

♑ Capricorn
Dec. 22 - Jan. 20
Anyone who thinks you are a bit of a cold fish will be proved wrong over the next 24 hours. Yes, it's true, you have been a bit distant of late but now you are ready to get involved and start sharing again.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun remains in the career area of your chart just two more days, so if there is anything you want to accomplish on the work front make an extra special effort now. Don't think about it, just do it.

♓ Pisces
Feb. 20 - March 20
It may be true that all things are possible but they won't just happen as if by magic. The good news is you are highly motivated and determined to prove yourself – and you'll get your chance over the next few days. SALLY BROMPTON

BY BETTY MARTIN



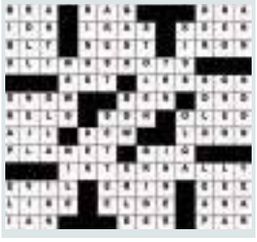
Across

1. Funnyman Carney
4. Banking machine (abbr.)
7. Wager
10. Backside
12. Small inlet
13. Swallow
14. Create
15. — Leoni of The Naked Truth
16. Take home a wage
17. Tangy candies
20. Hospital room (abbr.)
21. Minister's deg.
22. She played Rose on The Golden Girls
25. Estate, for example
29. Fish eggs
30. Dictator Amin
31. Little Orphan —
34. Heard by Perry Mason
36. Not applicable (abbr.)
37. Jr.'s dad
38. Flowery arrangement for the table
45. Roof part
46. Female deer
47. Winglike
49. Always
50. — Got a Secret
51. Canadian Idol judge — Jordan
52. Dancing with the Stars judge Goodman
53. — Aviv
54. Lassie, for one

Down

1. Upper appendage
2. Collect
3. Give or —
4. Johnson of Laugh-In
5. Layer
6. Form of address
7. Whip up an egg
8. Mistakes (abbr.)
9. The Nashville Network (abbr.)
11. Move a fern
13. Looks after
18. Use a crowbar
19. Rhoda's mom
22. Bikini part
23. Time frame
24. Countdown number
26. Bro's sibling
27. Dutch city
28. — the season
32. Inside oneself
33. Dog — Dog
34. —: Crime Scene Investigation
35. Sites
38. Grotto
39. Tied score
40. Revise a manuscript
41. Wander
42. Shed
43. Applaud
44. Go slowly
45. Slippery fish
48. Letters between Q and U

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

6		9				5		8
	4	7	9		2	3	1	
3								4
			5		3			
	3			6			8	
			7		9			
1								7
	2	6	8		5	1	9	
5		3				4		2

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Vehicle not exactly as illustrated

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